

Burleson

NOW

Including Crowley and Joshua

M A G A Z I N E

MARCH 2017

LUCAS SEVENS

Fireball

Lani Whiddon is keeping her fellow citizens safe

Small Quarters, Big Memories

At Home With
Mary Kay Underwood

Following His Feet

The Time Is Ripe

Equipping Tomorrow's Leaders

Dining Deals

In the Kitchen With

Randy Page



DIETSOLUTION

WEIGHT LOSS CENTERS

Dr. Richard R. Knight, M.D.

Cheryl W., Arlington

Diet Solution was one of the best decisions I have ever made. I'm 60 years old and have tried numerous diet programs. Nearing 200 lbs., I decided it was time to take control of my life. I've finally found a program that I can maintain forever. Thank you to all the wonderful staff!



**Cheryl's lost
37.4 lbs.***

Mention
this ad for
\$99 OFF
initial visit!

Expires 3/31/17

*Individual results
may vary.

MANSFIELD

920 U.S. Hwy. 287 N., Suite 306
(At Walnut Creek in Tom Thumb Shopping Center)

817-453-3438

CROWLEY / BURLESON

740 S. Crowley Road, Suite 2
(Next door to I-Fit Elite Gym)

817-297-2100

www.dietsolutioncenters.com



In an emergency,
every minute matters.

Emergency care at Texas Health Burleson.

An emergency can happen at any moment. Luckily, 24-hour emergency care is just moments away at Texas Health Neighborhood Care & Wellness Burleson. As part of the largest health care system in North Texas, Texas Health Burleson is here for you with emergency-trained physicians on the medical staff and clinical personnel prepared for serious injuries and illnesses. So you can rest assured you and your family are in caring hands.

1-877-THR-WELL | [TexasHealth.org/Burleson-ER](https://www.texashealth.org/Burleson-ER)

2750 SW Wilshire Blvd.
Burleson, TX 76028



Part of Texas Health Harris Methodist Hospital Fort Worth



WEED SOLUTIONS

FERTILIZATION • WEED CONTROL

- OVER 20 YEARS OF EXPERIENCE
- NO HASSLES • NO CONTRACTS
- FREE SPOT CHECKS BETWEEN TREATMENTS
- NOW IS THE TIME TO PREVENT CRABGRASS!

For healthy grass, trees and shrubs call,
BURLESON'S FINEST LAWN CARE COMPANY

- Custom-blended Fertilizers 
- Weed Control 
- Mosquito Control 
- Core Aeration 
- Grassy Weed Control 
- Tree and Shrub Care 
- Lawn, Pest & Insect Control 

FIRST TREATMENT
\$29.95
 WITH FULL-SERVICE PROGRAM
UP TO 3,000 SQ.FT. NEW CUSTOMERS ONLY.

\$20.00 OFF
 YOUR FIRST MOSQUITO TREATMENT
NEW CUSTOMERS ONLY.

OFFERS EXPIRE 3/31/17



817-692-7693
www.weedsolutionsinc.com



Publisher, Connie Poirier
General Manager, Rick Hensley

EDITORIAL

Managing Editor, Becky Walker
Burlson Editor, Melissa Rawlins
Editorial Coordinator, Sandra Strong
Editorial Assistant, Rachel Smith
Writers, Lynn H. Bates . Rick Mauch
Erin McEndree . Betty Tryon
Zachary R. Urquhart
Editors/Proofreaders, Pat Anthony
Shannon Pfaff

GRAPHICS AND DESIGN

Creative Director, Chris McCalla
Artists, Kristin Bato . Morgan Christensen
Martha Macias . Brande Morgan
Anthony Sarmienta

PHOTOGRAPHY

Photography Director, Jill Rose
Photography Coordinator, Amy Ramirez
Photographers, SRC Photography

ADVERTISING

Advertising Representatives,
Melissa McCoy . Keri Roberson
Adam Woolverton . Cherise Burnett
Linda Dean-Miley . Bryan Frye
Casey Henson . Lori O'Connell . Steve Randle
Linda Roberson . Joyce Sebesta . Shilo Treille
Billing Manager, Angela Mixon

ON THE COVER



Lani Whiddon, assistant chief in the Joshua Fire Department, is a life saver.

Photo by SRC Photography.

CONTENTS

March 2017 • Volume II, Issue 3



8 Fireball

Battling flames is Lani Whiddon's desire.

16 Small Quarters, Big Memories

At Home With Mary Kay Underwood.

24 Following His Feet

A missionary's mindset is to never stop.

30 The Time Is Ripe

Spring into action and take control of your lawn.



36 BusinessNOW

38 Around TownNOW

40 FinanceNOW

44 CookingNOW

BurlsonNOW is a NOW Magazines, L.L.C. publication. Copyright © 2017. All rights reserved. BurlsonNOW is published monthly and individually mailed free of charge to homes and businesses in the Burlson, Crowley and Joshua ZIP codes.

Subscriptions are available at the rate of \$35 per year or \$3.50 per issue. Subscriptions should be sent to: NOW Magazines, P.O. Box 1071, Waxahachie, TX 75168. For advertising rates or editorial correspondence, call (817) 477-0990 or visit www.nowmagazines.com.



Editor's Note

Hello, Burlison, Crowley and Joshua!

Avocados, grapefruit, oranges and lemons — those are being harvested this month, and sent to market for your fresh feasting pleasure. That reminds me of the old adage, "When life gives you lemons, make lemonade."

Sure, a single glass of lemonade is fine when you only have one lemon. But *lemons* is as key a word in that sentence as *make*. Lemonade is something to be savored

during the harvest, the squeezing, the mixing and the sharing.

I find people rather lemony. First they have to appear on the tree, fed through its roots by water and nutrients and through its leaves by sunshine — all outside their control. Then they have to ripen and glow, catching the attention of community members. Once plucked, the stories they have to share must first be squeezed out of them. Then they're mixed with the sweetness of a writer's perspective. When combined with several other stories, *BurlisonNOW Magazine* serves up a pitcherful of tangy lemonade for anyone who's thirsty.

Pucker up and enjoy!

Melissa

Melissa Rawlins
BurlisonNOW Editor
melissa.rawlins@nowmagazines.com
(817) 629-3888

Spring is in
the Air

CUSTOM
JEWELRY DESIGNS.
DESIGNS
PERSONALIZED
JUST FOR YOUR
SPECIAL
SOMEONE.

Woolard's
CUSTOM JEWELERS

437 SW Wilshire Blvd. • Burlison, TX
Between NW Newton & Exchange
817-295-6361
woolardjewelers.com • woolardtx@gmail.com

BlueWater
POOLS L.L.C.

You can just have a pool, or
you can have a BlueWater pool!

**FREE FIRST
6 MONTHS
Weekly Pool
Maintenance**
with each new
pool build

- ▶ WEEKLY SERVICE
- ▶ NEW CONSTRUCTION
- ▶ RENOVATIONS & REMODELING
- ▶ EQUIPMENT REPAIRS/UPGRADES
- ▶ PLASTER, TILE & COPING
- ▶ OUTDOOR KITCHENS
- ▶ FIREPLACES
- ▶ DECKING
- ▶ SALT & UV SYSTEMS
- ▶ WATER & FIRE FEATURES

817.297.7120
www.BlueWaterCustomPools.com

Our showroom is located at 10424 FM 1902 • Crowley, TX

Lifetime
Powertrain
Warranty

\$0 Added
Cost

On EVERY New Honda and Most Pre-Owned
Exclusively at Honda of Burleson!



New 2017
Honda Accord
SEDAN LX CVT

\$199/mo

36 Month
Lease*



Honda
of **BURLESON**



HondaOfBurleson.com
817-295-5000

632 N. Burleson Blvd in Burleson, TX 76028. If traveling South, exit Renfro and make a U-turn.

*\$1,999 total due at signing, Includes down payments with no security deposit. Excludes taxes, titles and dealer fees. For well qualified lessees thru HFS. Offer Ends 3/31/17.

** Based on 2017 EPA mileage ratings. Use for comparison purposes only. Your mileage will vary depending on how you drive and maintain your vehicle, driving conditions and other factors.

BURLESON COMMONS



- KROGER MARKETPLACE
- PREMIERE CINEMAS
- THE LITTLE GYM
- MARBLE SLAB CREAMERY
- PETER PIPER PIZZA
- PANDA EXPRESS
- THE CATCH
- QDOBA
- ROSCOE'S BBQ
- GOLDEN CHICK
- MARVEL DENTAL
- PLUS MANY MORE!

VISIT US AT
WWW.SHOPBURLESONCOMMONS.COM
1501 SW Wilshire Blvd. | Burleson, TX 76028

LOSE
20-40 POUNDS
in 6 WEEKS!



- * Genetic Testing Utilized
- * Doctor-supervised
- * Burns Unhealthy Fat
- * NOT Exercise Dependent
- * NO Cravings
- * NO Prepackaged Foods/Shakes
- * NO Drugs, Injections or Hormones
- * ALL-NATURAL health transformation

Weight-loss Success

What Our Clients Have to Say:



"Weight-loss has always been a roller coaster ride for me. I never really understood which diet plan was best, which usually resulted in frustration, giving up and, of course, EATING! Since I have started the LFLC program, I am energized, focused on what foods are best and confident. I could not have done this without the LFLC team. They are always here for me, to give pep talks, conversations and teach me how to make this a lifetime change! I started this program March 27th. Since that day, I have lost 40.8 lbs,* and I already feel great. I am not even close to my goal weight, but I am seeing results every day, which makes me even more motivated and determined.*" - Tammy M.



"I've tried other weight-loss programs, and they never worked for me. Since beginning the LFLC program, I feel great and have more energy than before. I have lost 79 lbs.,* and I am down 8 pant sizes! The LFLC team helped and coached me in every way. When friends ask about Lifetime Fat Loss Centers, I say, 'go there and nowhere else!'" - Michael M.



"I honestly felt like I'd tried everything to lose weight ... and I tried this program because it seemed just as serious as I was about losing weight, and NO GIMMICKS! I lost 40 lbs.* in only 2 months, and my energy level is EPIC - I literally wear out my 4-year-old daughter and our Labrador. I truly feel better than I ever have. I'm so thrilled that I found this weight-loss system and literally tell everyone!" - Brigitte H.



LIFETIME
FAT LOSS CENTERS
OF BURLESON

CALL TODAY TO SCHEDULE YOUR
\$39 SPRING SPECIAL!
(NORMALLY \$109) EXPIRES 3/31/2017

DR. M. BRANDON PETTKE
FatLossBurleson.com

(817) 996-8377

1320 NW John Jones Dr., Burleson, TX 76028

*Results may vary: causes for being overweight or obese vary from person to person. Whether genetic or environmental, it should be noted that food intake, rates of metabolism and levels of exercise and physical exertion vary from person to person. This means weight loss results will also vary from person to person. No individual result should be seen as typical. These statements have not been evaluated by the food and drug administration. This product is not intended to diagnose, treat, cure or prevent any disease.

FIREBABA

Every time Lani Whiddon sees a fellow Joshua citizen, she is reminded of why she puts her life on the line. One citizen in particular, her 11-year-old son, Ethan, provides emphasis. "He's the love of my life," she said. "I love that kid with everything I have."



Ashley Parker, Lani Whiddon and Joshua Fire Chief Wayne Baker proudly serve the community.

Lani is a volunteer firefighter and the assistant chief in the Joshua Fire Department. At age 46, she's been with them for 11 years, and while it is a volunteer position, it is also her desire to save and protect lives. "Sometimes I do ask myself, *What am I doing? Am I coming back to my family?*" she said. "I tell Ethan I love him all the time, and he knows there is that possibility, but he also thinks I am the coolest mom of all."

Not only is Lani a firefighter, she is also a skilled signalman for Union Pacific Railroad, for whom she's worked since 2007. She leads a crew that makes sure crossings are working properly, with her territory ranging from Chicago to New Orleans to Brownsville and El Paso. "We're all over," she said. "I see a lot of the country."

She works eight days on the railroad and has six days off, during which she returns to her favorite part of the country. While at home, she spends quality time with her family and, most importantly, with Ethan, along with helping keep the folks in Joshua and the surrounding area safe. "She's really passionate," said Wayne Baker, Joshua fire chief. "And she always puts her family first. She impresses me constantly with her ability to maintain that balance."

"Plus, she's been a truly inspiring role model to other females in the firefighting field," he continued. "She does a phenomenal job of stepping up and leading. She's one whom others want to follow."

Lani understands the pressure connected with being a female in not one, but two male-dominated fields. She is one of only two women in the Joshua Fire Department. "You're continually having to prove yourself, staying physically fit and being able to do anything and everything male counterparts do," she said. "If a woman wants to be a firefighter, they'd better be ready, that's what I'd tell them."

"It's the same with the railroad. My crew consists of three men, but because they trust my ability, there is never a concern."

Lani has won numerous awards as a firefighter, including three for merit and one for valor. She is also a member of the Texas Fire Chiefs Association, International Association of Women in Fire and Emergency Services and is active in the Joshua Fire Department Explorer Program. She recently became involved in the North Texas Women Firefighters Association. "You're seeing more females interested in firefighting," Lani said. "We have three women in a class right now."

Her most frightening experience fighting a fire happened in 2006. It began as a simple cooking fire that raged out of control, engulfing an entire house. Lani and some fellow firefighters entered the garage first. Then, after entering the house, something happened that gives Lani a terrifying

II

— By Rick Manch



When it Comes to Buying Carpet, *Relax.*



We Offer *Free* Measure & Estimates and Design Consults
No Interest Financing with Approved Credit

We Are an Approved Angie's List Provider

Store: **817.641.2010** | After Hours: **972.345.4917**

**Visit our beautiful showroom at
307 E. 12th Street, Suite B Joshua**
(Next to Family Dollar)

infinityflooring2010@gmail.com | www.myinfinityflooring.com

Hours: Mon-Thurs 10 a.m.-6 p.m. | Fri 10 a.m.-5 p.m.
Sat 10 a.m.-5 p.m. | Closed Sun



\$100 OFF

OF A PURCHASE OF
\$1,000 OR MORE

Offer expires 3.31.17

\$200 OFF

OF A PURCHASE OF
\$2,000 OR MORE

Offer expires 3.31.17

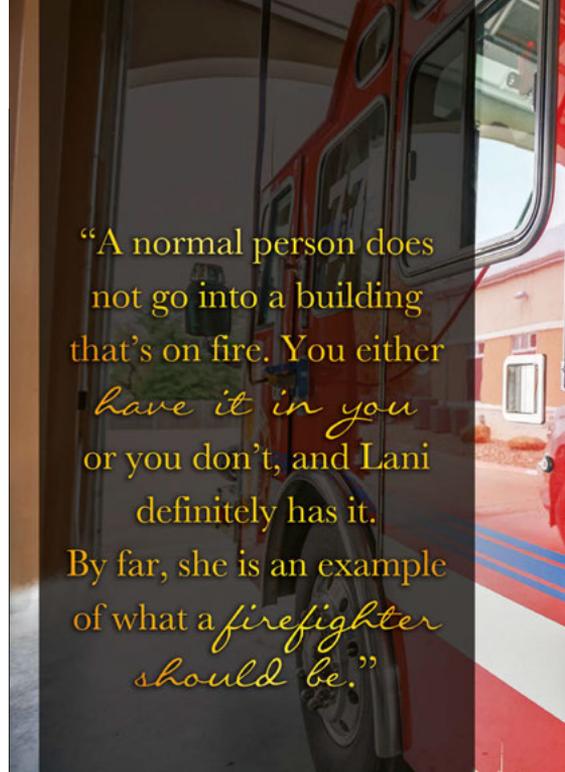
\$300 OFF

OF A PURCHASE OF
\$3,000 OR MORE

Offer expires 3.31.17

Coupons may NOT be combined with sale items. Coupons must be presented at time of sale.

Check out our 5-Star Customer Service Rating at yellowpages.com



“A normal person does not go into a building that’s on fire. You either *have it in you* or you don’t, and Lani definitely has it. By far, she is an example of what a *firefighter should be.*”

feeling to this day. “The garage doors melted shut, and we had just been in there,” she said, noting they would have been trapped.

Lani said the fire was boosted by a flashover, created when windows are shut and air is allowed in. The extra oxygen allows the temperature to reach a level where everything ignites. “It was a scary situation, for sure,” she said. “And it was so black in there (from the smoke), I have black specks encrusted in my yellow helmet that won’t come out. Small fires can become big fires. That’s the perfect example.”



Ethan Whiddon thinks his mom is the coolest mom of all.



She and her crew were also called to help with the fertilizer plant explosion in West in April 2013. The event brought out a range of emotions. “Things were deplorable there,” Lani said. “We didn’t know how long we’d be there or when we’d be back. Those people were in such need of help. There were fire departments from all over the state. There was a crew from Schertz, and that’s just north of San Antonio. You never want to see that amount of destruction. We lost 12 brothers (from other departments).”

Lani, who grew up in Duncanville, had been interested in being a firefighter for a long time. So in 2005, she finished her training at the fire academy at Hill College, as she continued to work in Fort Worth for the electric and gas companies — along with starting her volunteer work for Joshua. In 2006, she took a paid position with the Marlin Fire Department but also continued to volunteer for Joshua.

Less than a year later, she took the job with Union Pacific. And while she does draw a paycheck from them, don’t tell her she doesn’t get paid for her firefighting. It may not be monetary compensation, but it’s worth more to her than all the gold in Fort Knox. “I wish I’d chosen this profession right out of high school,” she said of firefighting.

“A normal person does not go into a building that’s on fire,” said David Garay, Joshua battalion chief. “You either have



Peace of Mind is just around the corner

*Exceptional Experience.
Exceptionally Accurate Results.*

OFFERING

3D

MAMMOGRAPHY

SOLIS
Mammography



21 LOCATIONS IN NORTH TEXAS

Including Burleson:

12500 South Freeway, Suite 202

Easy, “real-time”, online scheduling, 24/7
SolisMammo.com | (866) 717.2551

Providing compassionate care for your entire family!



Hoffman Family Practice
ASSOCIATES

Spring allergies got you down?
We can help!

**Same-day
Appointments Available.**

**Create your FREE
portal account now.**

Access your medical information online 24/7
with your computer, tablet or smartphone.



**Adult & Pediatric Care
(newborn-adolescent)
Sports Medicine
Physicals for All Ages
Allergy Testing
In-Office Lab & X-Rays**

**2730 S.W. Wilshire (Hwy 174)
Burleson, TX 76028**

Located at Texas Health Burleson Medical Complex

Monday-Friday 7:00 a.m. - 6:00 p.m.

817.953.9978 • HoffmanFPA.com

Physicians employed by Texas Health Physicians Group practice independently and are not employees or agents of the hospital or Texas Health Resources.



it in you or you don't, and Lani definitely has it. By far, she is an example of what a firefighter should be."

Among her favorite forms of relaxing is playing soccer, something she's done since age 4. She plays in an adult league in Euless. In high school, she helped the Duncanville Pantherettes win a state championship in 1987, as a junior. "My senior year, we lost to Arlington Lamar in regionals. That still haunts me," she said, with a slight chuckle. "We should have won state again. That was such an awesome feeling when we did win state."

Like his mom, Ethan loves adventure. He has even expressed interest in joining the Explorer Program at the Joshua Fire Department. "He loves it," Lani said. "He has definitely shown some interest in wanting to be here. He wanted to go with me to West, but of course, I told him he couldn't. He left me a note when I got back saying he understood that I had to go without him and that he had to go to school. It was so sweet."

Lani would love to be a fire chief someday, though it could mean leaving her department in Joshua. (Wayne is younger than her.) Wayne said she would make a great chief. "I think she'd be an extremely progressive chief, a truly inspiring leader," he said. "Her dedication and professionalism help this department grow every day." **NOW**

4.00% APY

High Interest Checking Now at CNB of Texas Burleson

It's time to Switch to a Bank
where your best interest *matters*.



**Citizens
National Bank
Of Texas** MEMBER FDIC
Your Bank Since 1868

Bank *m*Powered

817-245-2121 1-877-938-4300
www.cnboftexas.com

Open an account online.

• \$50 minimum opening balance • Annual Percentage Yield effective March 1, 2016 and once statement cycle requirements are met • Fees could reduce earnings • Rate subject to change after account opening • 4% APY for balance \$.01 to \$10,000; 0.25% APY for balance above \$10,000 • Restrictions on account to obtain APY; e-statements, debit card tied to account, minimum of 15 statement cycle debit card transactions, 1 statement cycle ACH debit from account, 1 statement cycle direct deposit, enroll in debit card alerts.



Pulliam Pools would be honored to build your outdoor stay-ca-tion destination!

- Custom Pools and Spas
- Complete Pool Renovations
- Luxury Outdoor Living Spaces
- Dedicated Service Team



PULLIAM POOLS
BUILDING INNOVATIVE POOLS SINCE 1916



HOME OFFICE
2725 Altamesa Blvd.
Fort Worth, Texas 76133
817-346-4778

PARKER COUNTY OFFICE
3292 Fort Worth Hwy.
Hudson Oaks, Texas 76087
817-613-1910

www.pulliam.com

BREAKTHROUGH RELIEF FOR BACK PAIN AND SCIATICA

If you suffer from low back pain and sciatica, you are one of the over 20 million adults in the US with this, often crippling, spinal condition.

Shooting, stabbing and burning pains from the lower back, sometimes with the additional pain through the buttocks and down the legs are all symptoms of a pinched nerve, often called "sciatica."

In severe cases, it can lead to muscle wasting, numbness, and constant tingling down to the tip of the toes. Left untreated, the intense pain can rapidly wear you down and drain the joy out of life.

That is until now...

Recent advances in the treatment of sciatica and lower back pain have led to the development and huge success of a non-surgical integrated approach for this condition.

In Burleson, you can now receive this integrated care in the office of Lone Star Progressive Medicine. The Lone Star Progressive Medicine team has helped over 3,000 patients find relief with agonizing lower back pain and sciatica.

According to Dr. Pettke, "We use a combination of advanced medical, chiropractic, and functional movement evaluations, along with diagnostics, to precisely diagnose the cause, or causes, of a patient's lower back pain and sciatica. Once we know the cause, we can then create a unique program for treating and rehabilitating the damaged area causing the pain. This typically results in fantastic long-term results for patients."



Because the treatment is non-surgical, safe and easy, most patients report very rapid relief from their pain, even when they have suffered for many months or years and tried numerous traditional treatments.

To find out if Lone Star Progressive Medicine can help you, you can call to schedule a complimentary consultation. They have a limited number of complimentary consultations each month, so call now so you can be seen soon. Their office number is 817-297-7100.

Don't suffer from the pain and immobility any longer. Discover the treatment that can eliminate the cause of your problem and give you the safe, lasting relief you deserve.

They accept most major health insurances, including Medicare, which covers care in their office.

LONESTAR
PROGRESSIVE MEDICINE
BURLESON

LEADERS IN LIFESTYLE MEDICINE

Sherif Shamaa, M.D. | Mylisa Mueller, M.S.N., F.N.P. | M. Brandon Pettke, D.C.

We offer a **NO COST,**
NO OBLIGATION Consultation!
817-297-7100

Limited to the first 8 people. Expires 3/31/17

1320 NW JOHN JONES DR., BURLESON, TX 76028 • LoneStarProgressiveMedicine.com



A home can be a house on a crowded street or a deserted lane. It can have a garage or yard or neither. It can be a high rise in the city surrounded with glass windows or logs and a fireplace. Home is created wherever a person chooses to live and make memories. Mary Kay Underwood is in a community where her neighbors are just steps away. She lives in Elk Creek Senior Living Community, an assisted living and memory care facility, located in Burlison. Mary Kay has made new friends just down the hall, good memories and continues to participate in her talents. Her home became smaller, but her memories are still as big as ever.

SMALL QUARTERS,
BIG MEMORIES
— By Erin McEndree
AT HOME WITH MARY KAY UNDERWOOD

Seniors at the center are in all phases of life. Some live independently while others need assistance. Mary Kay is one of several residents who were the first to occupy the facility when it was built about one year ago. "We were the guinea pigs," Mary Kay laughed. "It was a time for the staff to train and get organized." Mary Kay was allowed to choose the room she preferred. It was important to her to get a room far away from the dining room commotion. Her room, at the end of one hall, has two large windows. She admits, however, she does not spend much time in her room.

"I lived in Crowley 27 years and Burleson 29 years," Mary Kay said. "I was hesitant to leave my home, but I really like it here." The three-room suite is just the right size for many of her personal things, including a computerized Janome sewing machine and serger. "I have sewed all my life. I even made three of my four daughters' wedding dresses," Mary Kay said. "Now I do more crafts like casserole carriers, than clothes." She made one for each of the staff members. Ginger, one of Mary Kay's daughters, explained that her mom is very savvy for her age and even downloads patterns off the Internet. Mary Kay also enjoys making her own greeting cards, such as Get Well and Birthday cards. She treats this as her ministry and enjoys being busy at her work.

Crocheting is another pastime Mary Kay enjoys. "I make scarves and baby blankets," she said. "I also crocheted an



TOTALCARE

Family Medicine | Urgent Care

Same-day Appointments & Walk-ins Welcome
Now Accepting New Patients



Open 7 Days a Week

Spring is here and so is allergy season.

Schedule your allergy testing today and say goodbye to your allergies!



"For behold, the winter is past; the rain is over and gone. The flowers appear on the earth, the time of singing has come."

Song of Solomon 2:11-12

- Allergy Treatment
- Complete Physical Exams
- Diagnostic Testing
- Family Medicine
- Immunizations
- Laboratory Testing
- School Physicals
- Skin Care
- Testosterone Therapy
- Weight Loss

1005 S. Crowley Rd, Crowley, TX

Located near the intersection of Renfro Street & Crowley Road (FM 731)

817-297-4455 www.totalcareclinic.com

Mon. - Fri. 8 a.m. - 8 p.m. • Sat. 8 a.m. - 6 p.m. • Sun. 1 p.m. - 5 p.m.



entire bedspread for my bed. I like to keep my mind sharp, so I do something all the time.” She is known for her needles and carries them with her wherever she goes, as she pushes her walker through the hallways. She works on needlework projects in her spare time. Mary Kay crochets while riding the stationary bicycle in the therapy gym where she works on strength and balance to support health and longevity.

It is a comfort for Mary Kay to participate in planned activities on a regular basis. She and her neighbors go on shopping outings once a week. The piano, which a resident donated, sits in

one of the seating areas. Many times, the kids who come to perform recitals will be accompanied by this piano. Other activities Mary Kay can enjoy include: Bingo, Skip Bo, 42, puzzles and devotionals.

Mary Kay’s spacious bedroom behind French doors has a black and white bedspread and matching curtains. She made the curtains in this home, and also in her previous homes. Presently, she has someone get the material for her, but she recalls going to Cloth World in Fort Worth with her daughters when they were small. “I would let them pick out their own material for their clothes,” Mary Kay said.










Innovative suspension system.



**Our #1 seller
– three years running.**




**Innovative steering
– wheel or lap bars.**

**1309 HALTOM ROAD (off 121)
FORT WORTH
817-834-8131**

landmarkeq.com

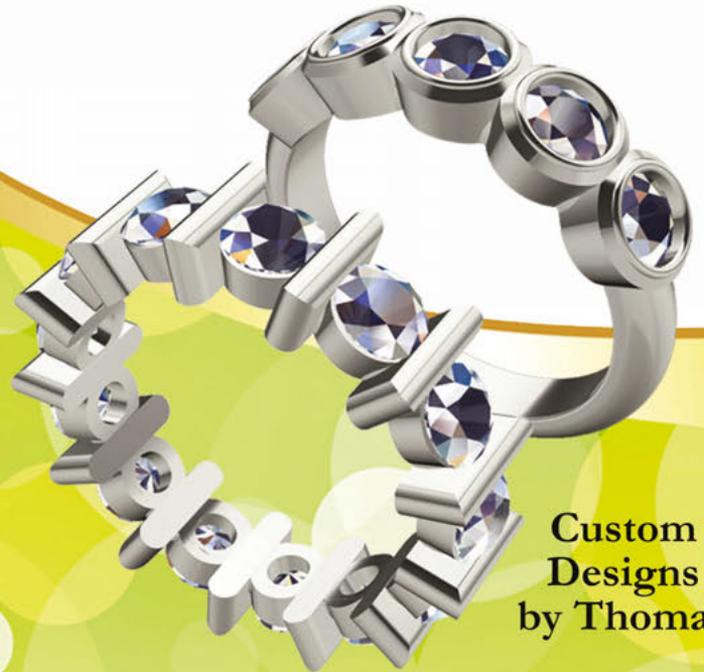


At Mansfield Fine Jewelry

*It's
All
About
You*

- Full Service Jewelry Store
- Retail Sales of Fine Jewelry
- Citizens Watches
- Insurance and Estate Appraisals Done on Premises
- Restring Pearls
- Custom Re-design On-site
- New State-of-the-art CAD Designer and Wax Grower

Our standard of excellence and our commitment to our customers is our hallmark.



Custom Designs by Thomas



33 Years of Trusted Services

817-473-4008 • 1292 Hwy 157 N, Ste 104 (South of Debbie Ln)

www.mansfieldfinejewelry.com

YOU ARE INVITED

ELK CREEK MARCH MANIA

March 23RD | 4 PM

Hey First Responders, come out and show us your game!

HOW ABOUT SOME ROUND-BALL COMPETITION?

- Free Throws
- One-On-One
- Two-On-Two

No entry fee, (just be happy!)

*Free hot dogs and drinks for all.

Community is invited to come out and show your support!

Elk Creek Senior Living Community
301 Elk Drive | Burleson Texas 76028
www.ElkCreekAL.com

RSVP TO BECKI BY MARCH 20TH
(817) 944-7628

0% FOR 84 MONTHS* ON ALL NEW 1-4 & 5E SERIES JOHN DEERE TRACTORS

1023E - 4x4 Tractors



STARTING @ \$99 PER * MONTH
6-YEAR POWERTRAIN WARRANTY

CREATE A CUSTOM PACKAGE
All the implements and attachments you need in one low monthly payment!

5045E - 2WD - 50 EHP



STARTING @ \$159 PER * MONTH
5-YEAR POWERTRAIN WARRANTY

CREATE A CUSTOM PACKAGE
All the implements and attachments you need in one low monthly payment!

3025E - 4x4 Tractors



STARTING @ \$129 PER * MONTH
6-YEAR POWERTRAIN WARRANTY

CREATE A CUSTOM PACKAGE
All the implements and attachments you need in one low monthly payment!

Add John Deere D160 Loader - \$36/mo.*
Add 4 Ft. Frontier Rotary Cutter - \$16/mo.*
Add 4 Ft. Frontier Box Blade - \$7/mo.*

*Based on 20% down and 0% APR for 84 months on installment. Taxes and fees can change final selling price and installment. W.A.C through John Deere Financial. Residency and other restrictions apply. See dealer for details. Offer ends 3/31/2017.

WACO 6229 S. I-35 254-756-5467	HILLSBORO 1520 S. ABBOTT AVE. 254-582-2572	CLEBURNE 3319 NORTH MAIN 817-641-7861	ENNIS 4839 N. I-45 972-878-9691
---	---	--	--

www.BrazosValleyEQ.com



JOHN DEERE

Brazos Valley
equipment

“When I picked out material, sometimes they would play in the bolts of cloth, and I would have to come find them.”

An antique Victrola that belonged to her grandfather sits in her bedroom. It was converted into a chest where she keeps her belongings. “We would sit around it and listen to the radio in the ‘40s before we had TV,” Mary Kay said. “I remember listening to soap operas and westerns.” Her grandfather lived with her family until he passed away at age 95. Her jewelry is in a tall jewelry box with four legs. The large bathroom has dark cabinets, gray striped shower curtains and pocket doors that save space. “We have panic buttons, and it saved my life when I fell in the bathroom,” Mary Kay explained. “I fell face down and they had to call the ambulance.”

The separate kitchen area in Mary Kay’s suite is decorated with roosters she brought with her from her house. “We had chickens growing up. They would run loose in our yard in Tennessee,” she said. “We couldn’t sell the eggs because there were eight of us in the family and never any leftover.” Mary Kay remembers ringing a chicken’s neck and frying it up for supper and freezing some, too.

The kitchen has a refrigerator, microwave and is surrounded in dark cabinetry. Since the dining room, down the corridor, serves three meals a day that Mary Kay can customize to her liking, the kitchen in her room does not get used often.





Family lives close and Mary Kay has visitors frequently. She has four daughters and many grandchildren. "We mostly just sit and talk," Mary Kay said. "We play cards a lot, too." Mary Kay has her needs met. Her laundry is picked up, washed and returned folded. Housekeeping is another need provided and that helps Mary Kay with her limited mobility. Spiritual needs are addressed, also. Mary Kay can choose to attend a devotional offered in the middle of every week along with Sunday services in the dining room. They are provided by the First Baptist Church. A Caught You Caring board is located at the front hallway.

Mary Kay visits the ladies' lounge. It is a perfect location for crafts, reading, games and gatherings. The teal green walls and cream dining table and chairs make the lounge an inviting space for many activities. The Bistro area close by serves coffee, cookies and pastries all day.

Enjoyment and engagement are part of everyday interactions in Mary Kay's relaxing home. It is important to her to keep her mind working and worries at a minimum. Mary Kay's all-inclusive lifestyle is beneficial in so many ways. The security, support and relationships that are reciprocated, comfort her and her family.

At the end of the day, Mary Kay retreats to her room, surrounded by photos of family and memories of her past. She enjoys her new home, the close community and the solace being close to family and friends brings. **NOW**

FIND YOUR HOME AT THE END OF THE RAINBOW.

Call us today to start your search for a new home!



817-929-3189

WWW.WETHINGTONTEAM.COM | KWETHINGTON@KW.COM



"You Can Trust Us With Your Panes!"



- Replacement Windows

- Lower Energy Cost
- Reduce Dust/Allergens
- Noise Abatement

- Broken or Foggy Double Pane Units

- Frameless Shower Enclosures



7489 Rendon Bloodworth Rd., Mansfield, TX 76063
817-473-3909 • www.MansfieldGlass.com



Are you looking for an affordable and home-like Assisted Living for yourself or a loved one?

Mustang Creek Estates is a neighborhood that offers Seniors the freedom to live in a home-like setting with the security of knowing that compassionate and experienced care is there when you need it most.



**NOW OPEN
IN BURLESON!**

Now accepting reservations for our new Assisted Living and Memory Care Homes.

1155 NW John Jones
Burleson, TX 76028
817.733.8300

www.mustangcreekestates.com

NEW OWNERSHIP

Kids Kampus

Preschool

Helping Children Discover the Joy in Learning!

- ♥ Student-centered Academic Pre-School
- ♥ Individualized Learning opportunities
- ♥ Students ages 6 weeks to Pre-K
- ♥ KINDERGARTEN READINESS Program
- ♥ After-school Programs for Students Ages 5 - 13 years



CALL TODAY
to schedule your tour!

M-F
6:00 am - 6:30 pm

Breakfast, Lunch
and Afternoon
Snacks Provided

Mention this ad
FREE REGISTRATION
(\$150 savings)

811 Vicksburg Ln.
Burleson, TX 76028

817-295-7521

725 E. Renfro
Burleson, TX 76028

817-447-1287

1371 NW Summercrest
Burleson, TX 76028

817-484-2342

www.KidsKampusPreschool.com



PLEASE JOIN US AS WE

Hop and Pop Into Spring

SATURDAY, MARCH 25, 2017 • 2-5PM

15% OFF
ONE ITEM, CHAMPAGNE
& EASTER TREATS

The Cottage Market FINE GIFTS & GOODS

113 N.E. Johnson Ave., Suite 100 | Burleson, TX 76028 | 682-224-0759

Located next to Pence & Panache Bridal Boutique

www.facebook.com/thecottagemarketburleson



**FAMILY MEDICINE
THE HOMETOWN WAY**



Short Family
Medical Center



Rusty Short FNP-BC
Healthcare by Profession
Cowgirl by Heart!



\$100 Office Visits.
For Cash Patients

PEDIATRICS • ADULTS
101 NW Ellison St., Burleson
817.295.5200
www.shorffmc.com

**QUALITY AFFORDABLE
HEALTHCARE FOR ALL AGES**

**BEST BUY WALK-IN
BATH TUBS**

**NOW OFFERING \$500 OFF
installed pricing when you
mention this ad!**
Expires 3/31/17



**NOW INSTALLING
ONYX Walk-in Showers.**

Family owned, Texas built
Visit our Showroom
3411 E. Hwy 377, Granbury
817-326-3003 • www.bestbuywalkintubs.com



HGCD



SCHOOL OF
DENTAL ASSISTING

**Want a rewarding
career in the
dental profession?**

**Become a
dental assistant
in just 13 weeks!**

- 78 hours of lecture & lab
- 240 hour externship
(4 rotations of 60 hours each)
- A hands-on educational
approach where students
learn by doing
- Maximum 10 students
per session

SCHOOL CALENDAR

*Tuesday & Thursday
Evening Schedules*

NOW ENROLLING

- Spring - Summer Quarter**
March 21, 2017 - June 15, 2017
- Summer - Fall Quarter**
June 27, 2017 - September 21, 2017
- Fall - Winter Quarter**
October 3, 2017 - January 18, 2018

CLASS SCHEDULE

Classes offered Tues. & Thurs. evenings from
5pm - 8:15pm (15-minute break between lecture & lab)

**SCHOOL / OFFICE HOURS
OF OPERATION**

Office hours: 10am - 3pm
Mon, Tues, Thurs. & Fri. (except holidays)
School hours: 5pm - 8:30pm Tues. & Thurs.
Phone: (682) 558-1989 *Call to schedule a tour.
Email: registration@hgcdschoolofdentalassisting.com
or admin@hgcdschoolofdentalassisting.com

www.hgcdschoolofdentalassisting.com



HGCD SCHOOL OF DENTAL ASSISTING, LLC

(682) 558-1989

717 N. Holland Road, Suite 120
Mansfield, Texas 76063

SUNSET WINERY

The Best Little Wine House in Texas™



**Saint
Patrick's
Day Dinner:**
Saturday,
March 18
at 7 PM

Reservations Required

World of Wine Sale
MARCH 4 • 10 AM - 2 PM
Wine Down
MARCH 17 • 5 - 7 PM

The Place for Fine Wines & Fun Events™
817-426-1141

WWW.SUNSETWINERY.COM



Following His Feet

— By Erin McEndree

Jack McCoy lives life to the fullest. At age 87, he is positive, spry, funny and still sees the world as one big mission field to walk through. His tenacious character shows quitting is not an option. Giving to others and going where the Lord leads has always been Jack's primary mission in life. He aspires to write down his experiences to preserve his insight for the next generation.



Helping Jack serve is his wife of five years, Nouhad, who is originally from Lebanon. Jack and Nouhad met at church. "I was friends with Jack's sister. Jack and I were both widowed, and he said we could cry together and have fun together," Nouhad explained. "We serve the Lord better together." They enjoy traveling and have been to destinations such as Australia, England, France, Ireland and Costa Rica.

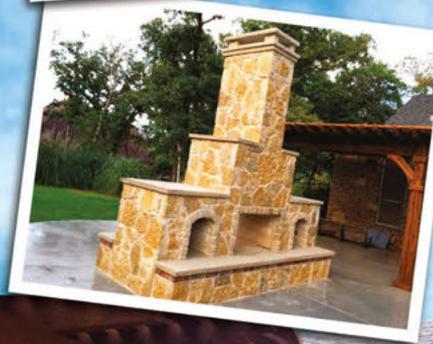
Jack graduated from Texas Christian University in 1956 and went on to serve in the Navy from 1948 to 1952. He's written a book about his experience in the Korean War called *A Tugboat Sailor*. "It took me six years, but I had to tell the story of this forgotten war. We lost almost as many men in the Korean War as we did in Vietnam. I want my grandkids to hear it," Jack said. "It is more than just my story. It goes much deeper."

Jack recalled hearing that the little ships do all the work, and the big ships get all the glory. The tugboats were the work horses. They went on salvage and rescue missions and towed ships, barges and marker buoys. "Our most dangerous mission and biggest job was to eradicate Russian underwater mines," Jack said. "We also helped evacuate Hungnam, North Korea and Okinawa."



ARBORS • OUTDOOR KITCHENS • PATIOS

Your Oasis Awaits...



Call today for
FREE
Consultation

817.453.3100

www.URBANOASISOUTDOOR.COM



URBAN OASIS
OUTDOOR LIVING

PAVILIONS • FIRE & WATER FEATURES • LIGHTING

**DON'T BE LOCKED OUT FROM OWNING YOUR HOME,
SAMIE CAMPBELL HAS THE KEYS TO YOUR MORTGAGE**



Samie Campbell
Branch Production Manager
NMLS# 27792

Quick & Easy Apply Today!

CENDERA
FUNDING

240 E. Renfro St., Ste. 101 • Burluson, TX 76028
Office 817-447-4443 | Fax 817-447-3735
samie@cenderafunding.com
www.informedmortgagefinancing.com

LIVE YOUR LIFE LOVE YOUR MORTGAGE



After the Navy, Jack lived in Oklahoma for 42 years. He did various things like farm and dabble in oil and gas leases. He drove a school bus and substituted at a junior high and a vocational technical school. "I was very busy," he said. "I also helped rehabilitate downtown and old homes through the Oklahoma City Urban Renewal Authority."

Students from the Baptist Student Union at Oklahoma State University attended Northwest Baptist Church where Jack attended. The congregation set up "friendship families" for the students. Some students were from Korea, China, Taiwan and Panama. The families encouraged students in any way they could, especially around the holidays. "Most international students did not go into American homes," Jack explained. "But we wanted to change that, so we opened our homes and hearts."

A love for international students was growing in Jack's heart. "When my first wife passed away in 1997, I looked for something to do," he said. "When Kirk Goss, the minister of missions at Northwest Baptist Church, said he was going to Guatemala on a mission trip, I pulled out my renewed passport, tossed it on his desk and said I was going." Kirk had been praying for one more person to go. This began Jack's journey to other countries to touch lives through missionary work.

Jack taught many students during his mission trips to Korea and Taiwan, collecting hippopotamuses wherever he went and following up with the families he taught through the years. Since 1997, Jack has visited Korea seven times,

The **Vine**
MEDICAL CENTER
& Sleep Lab for Adults & Children

Welcome
walk-ins

The Vine Medical Center and Sleep Lab
921 E. FM 1187, Suite A, Crowley, TX 76036

Starting in July: Monday thru Friday from 8 a.m. to 6 p.m., Saturday from 8 a.m. to 2 p.m.

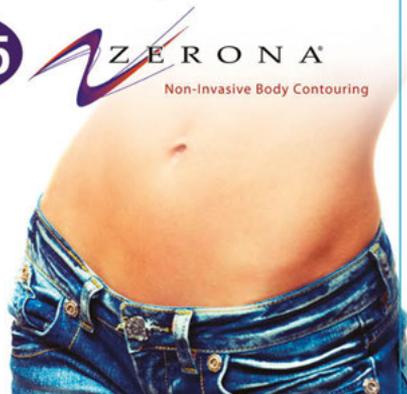
**The Vine Medical Center welcomes Nagwa Lamie, MD,
Board Certified in Family Medicine and Sleep Medicine.**

Reveal your true shape.
6 ZERONA sessions **\$595**

ZERONA® is the first FDA-approved, non-invasive laser, that removes fat and inches painlessly. Imagine dropping a dress size or losing that "muffin top" with **NO PAIN, NO SURGERY** and **NO RECOVERY TIME.**

817-945-1682
www.thevinemedicalcenter.com

Find us on Facebook.



Dr. Ehab Hanna, Board Certified in Internal Medicine.

Accepts Medicare, Medicaid & most other insurance plans. Promotional cash prices also available.



Taiwan five times and China three times and accumulated many stories. "In 2008, we were in Korea during the Olympics. We walked around and talked to the people about the Good News," Jack said. "I climbed three towers of the Great Wall of China at age 74.

"In China we had to be really careful. The church would meet at night in people's homes," Jack said. "The people are so empty in China. When they heard the Gospel and understood it, they came to Christ." Jack describes speaking to the first generation to hear the Gospel at places like the English Corner, where Chinese people came to practice their English.

Jack is writing a second book about his experiences sharing his faith on the mission field. "Missions give me a purpose and significance," he explained. "When I see someone come to Christ, there is no greater joy in the world, and I want to do it again and again."

When Jack was 83, he bought a convertible. "I enjoyed whipping around town in it, but then I traded it in on a Buick Park Avenue," he laughed. "It was more comfortable for me and my wife. We travel a lot together."

Now, Jack admits he is slowing down and can't go like he did before. He continues to serve while teaching others how to share the Gospel. He works with the Arabic Christian Fellowship Church as the chair of the building and grounds committee. He also helps the congregation reach the community. "I help the church minister to Muslims and Syrians," he said. "Those populations are growing in the community, and



Eubank

Audiology & Hearing Aids

11797 South Fwy, Ste 132, Burlison, TX 76028

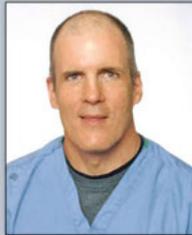


Megan R. Eubank, AuD
Eubank Audiology & Hearing Aids
817-551-0466
www.eubankaudiology.com

Sound solutions from someone you can trust.

We offer the most advanced hearing aid technology to fit your personal needs and budget.

When auditory centers of the brain are not properly stimulated, neural pathways deteriorate permanently. Studies have shown that auditory deprivation can have a negative effect on brain function, contributing to early dementia.



John P. Shea, MD
Shea ENT & Allergy Clinic
817-551-1010
www.sheaent.com

Wax? Middle ear? Inner ear?

Shea ENT & Allergy Clinic has helped diagnose and treat various causes for hearing loss and tinnitus since 1979. Our clinical staff with over a century of experience is ready to help.

After evaluation and care of common causes of hearing loss and tinnitus, such as common wax impaction, other causes are investigated, such as Ménière's disease. Fluctuating ear fullness, tinnitus, hearing loss, sound sensitivity and dizziness can be caused by Ménière's. This inner ear disorder is often from an allergy that can be diagnosed and treated with Allertol sublingual drops, offered exclusively through our clinic.

After diagnosis and clinical treatment, persistent hearing loss/tinnitus can be improved with hearing aids, custom selected and fitted by Dr. Eubank.



World's Only

ST. PADDY'S

Pickle Parade & Palooza

Mansfield

The Pickle Capital of Texas

Come to Mansfield on March 18 for a day full of fun!

FREE viewing of John Wayne's, "Red River" at Farr Best Theater March 17 @ 7pm

Go green to run for the Pickle 10k, 5k and Kids K.

Meet the Dallas Cowboys Cheerleaders, watch a shoot out on Main Street, ride a mechanical bull, play in the Pickle Playground, shop and dine with dozens of vendors.

The Mansfield Pickle Queens salute the legendary Kowbell Rodeo and the city's Western heritage with our theme, "Need More Kowbell!"

Cheer for the World's Only St. Paddy's Pickle Parade rolling through downtown Mansfield.

Then stay to party with 10-time Grammy winners Asleep at the Wheel!

For details, visit PickleParade.org

SPONSORED BY:



VINTAGE MARKET DAYS
PRESENTS
"Farmhouse Fresh"
MARCH 31-APRIL 2, 2017
FRIDAY 10-5 SATURDAY 10-5 SUNDAY 10-4
SOMERVELL COUNTY EXPO CENTER
202 E BO GIBBS DR, GLEN ROSE, TEXAS
VINTAGEMARKETDAYS.COM
FACEBOOK.COM/SOCENTRALTEXAS.VINTAGEMARKETDAYS

VINTAGE ARCHITECTURAL SALVAGE
REPURPOSED FINDS
JEWELRY & CLOTHING
LIVE MUSIC
FOOD TRUCKS

ADMISSION:
\$10 FRIDAY (EARLY BUYING EVENT)
\$5 SATURDAY / SUNDAY
TICKET VALID FOR RE-ENTRY
ALL WEEKEND
CHILDREN 12 & UNDER FREE

VMD
Vintage Market Days
BRINGING THE VINTAGE EXPERIENCE TO YOU™



reaching out to them is important.” Being prepared for the mission is essential, Jack found out.

“One mission trip I was not prepared. I was not prayed up and the trip was not fruitful,” he admitted. “However, it helped me learn my lesson and be humble and prepared for every trip and opportunity after that.” On one mission trip, they went to the Oasis Training Center in Gansu, a province in China. “It was way out in the boondocks where thousands of unreached people were,” Jack remembered. “The seven Americans stood out. People would stare and point, and I rode a camel.”

Jack is close to 90, but he continually looks for ways to teach others. “I’m not through with [my life] yet,” he said. “There are some things I would still like to do.” Jack wants to visit Lebanon with Nouhad and the tiny island of Yap in the Pacific, where he visited in the Navy. “It is known as the Island of Stone Money and has one of the best diving areas in the world,” Jack said. “I also want to finish my mission book to help people know what to expect on mission trips and continue helping the Arabic Church grow.”

Jack writes about his experiences to inspire people to serve and get involved with others. “My main purpose is telling the Good News and helping people be ready to tell others at all times,” Jack said. For as long as he’s able, Jack will help others find their voices, use their hands and follow their feet where God leads.

The lessons he’s lived by have served him well. “Lose the anxiety. Savor the moment. Relax in the Lord,” he stated. “Risk your life because life is short. Don’t worry about the past. Stand up for yourself, while remembering that loss is inevitable. And most importantly, love your fellow man.” **NOW**

Country Critters farm
Starting March 1!
We're open to the public!
Admission includes: Bounce houses, a train ride, hay rides, playground, petting zoo, a wooden maze and pony rides* (*weekends only)
OPEN Weekends through May 28
Weekend Admission \$10/person • Kids under 2 FREE!
Saturdays: 10am-5pm • Sundays: 11am-5pm
Gates CLOSE at 4pm
General admission applies
Peter Rabbit Trail April 1-15 CLOSED EASTER SUNDAY
Easter Egg Hunt April 8 11am
WE'RE OPEN Spring Break March 15, 16 & 17 10am - 3pm • Admission \$8
NO Reservations Needed during Spring Break!
BOOK YOUR PARTY TODAY!
WE OFFER YEAR-ROUND BIRTHDAY PARTIES & FIELD TRIPS AT OUR FARM.
WE ALSO OFFER PETTING ZOOS & PONY RIDES THAT TRAVEL TO YOU!
3709 County Road 617, Alvarado 76009
817-477-3060 • www.countrycrittersfarm.com

Danielle Elston
Upper Cut Salon
Owner/Stylist
Hair
Airbrush Make-Up
405.514.9106
www.DanielleElston.com
facebook.com/DanielleElstonStylist
Photo Courtesy Kerl Brookins Photography; Model: Nicole Cherryhomes

ATLAS FOUNDATION CO., INC.
Serving this area since 1958...
FINANCING OPTIONS AVAILABLE
FREE ESTIMATES
NO SALESMAN
817-478-1181
PRESSED PILINGS • STEEL PILINGS • SLABS • PIER AND BEAMS • MUDJACKING • DRAINAGE
www.atlasfoundationinc.com



Great emergency care is not a stroke of luck.

Texas Health Huguley Critical Care

The emergency department at Texas Health Huguley is close, compassionate and capable. In fact, our emergency department recently earned Primary Stroke Center Certification by The Joint Commission. Receiving medical treatment sooner means less damage to your brain, heart and other organs, so think FAST if you or a loved one is experiencing signs of a stroke:

- F - Face drooping
- A - Arm weakness
- S - Speech difficulty
- T - Time to call 911

At Texas Health Huguley, we can quickly diagnose your condition and provide the care needed for most emergencies. Get care right here—right now.

Visit [TexasHealthHuguley.org/Emergency](https://www.texashealthhuguley.org/Emergency) to learn more.

11801 South Freeway (I-35W)
Fort Worth, TX 76028
817-293-9110





The

Time Is Ripe

— By Zachary R. Urquhart

The winter is thawing, the sun is shining and the birds are starting to chirp again. Though the cold season in North Texas is not severe compared to places farther north, March still welcomes warmer temperatures, as well as the perfect time to start working on projects in your lawn and garden. Use these guidelines to make your landscaping the talk of the neighborhood this year.

What to Prune¹

- *Get rid of problem areas.* On any trees, ornamental plants and other shrubs, you should cut off dead limbs and any other areas that show damage from the cold. Taking off dead or dying areas will lead to better long-term health for your plants.
- *Trim growth to promote growth.* When it comes to ground cover like ivy and jasmine, you should cut down to your desired height before spring growth starts. The same is true for ornamental grasses, but this is not the case for flowering shrubs, vines or bulbs.



ONE CALL - WE CAN DO IT ALL

Design • Installation • Commercial • Residential



PayPal

MasterCard VISA

DISCOVER American Express

CIMARRON Landscape, LLC

Landscape • Stone & Masonry • Sprinkler Systems
Outdoor Kitchens • Decks, Patios & Arbors



817-454-2898 • 817-313-1410
Like us on Facebook



*This Spring, Look and Feel
Renewed and Refreshed*

**Buy 2 syringes of Galderma filler
and get the 3rd syringe FREE!**

**Buy 60 units of Dysport
and get 30 units FREE!**

Offer good in our Burleson location only.
All injections must be utilized at a single
treatment. While supplies last. Cannot be
combined with any other offers.
Expires: 3/31/17



Dr. Jeannine Hoang **Uyen (Mimi) Phan**
Board-certified Dermatologist Physician Assistant



**UNITED DERMATOLOGY
ASSOCIATES**

780B NE ALSBURY BLVD.
BURLESON, TX 76028

817-529-1753
WWW.UNITED-DERM.COM

Diabetic Neuropathy

We can help!
No more Burning, Numbness,
Needles Sensation
or Leg Cramping!!!



Provided the damage is not too severe, the goal of treatment is to create an environment that allows the nerves to regenerate. Our nerves need fuel (oxygen & glucose) and activation (use) to repair. To get oxygen to nerves, we need to breath properly and have healthy vascular function. Just like a muscle has to be exercised to work well, nerves have to be used to work well. The neurologic treatment breakthroughs we use to treat neuropathy are specifically designed to activate the nerve fibers and receptors that are damaged and need to be rejuvenated.

NO NEEDLES, NO SURGERY, PAIN-FREE TREATMENTS

Medicine is not working?
Feet keep you up at night?

817-878-2877
THEN CALL NOW
FOR AN APPOINTMENT!

BURLESON PAIN & WELLNESS CLINIC **Can N. Ho, D.C.**

230 NE Wilshire @ Hillery, Ste A, Burleson

• *Some plants need more time.* As for flowering shrubs and vines, wait until the flowers have bloomed to start cutting. You also need to let foliage on your spring bulbs die before removing them, as this will help feed those bulbs for the following year.



What to Plant²

• *It is time for ornamentals.* There are several things that are ideally planted in the first weeks of March. Ornamental trees and shrubs should be planted while temperatures are still cool. Also, this is the time to replant fall blooms like chrysanthemums.

• *Some things need to wait.* You will want to wait until the end of the month, or later, to plant flowers and vegetables meant for the warm season. Though the danger of late season freezes is not great, warm weather annuals and perennials need to be planted past the last freeze. The same goes for popular Texas grasses, like Bermuda and St. Augustine.

• *Do not miss the "ripe" time.* The first few weeks of April are the time for tomatoes, snap beans and squash, while you should wait until the end of April for melons, okra and pumpkins. And if you are trying to transplant trees or woody plants, make sure to complete the process before buds begin breaking, which will happen sometime in March or April.

What to Put on the Ground³

• *Know what you need, if anything.* Before you go to the store to grab the first fertilizer you see, you may want to test your soil to make sure you know exactly what you need. Some people use household items like vinegar for testing, but simple and inexpensive pH kits are available at

"OPENING DOORS IN BURLESON SINCE 1986"

TEXAS 
OVERHEAD DOOR

REPAIR, SERVICE & NEW GARAGE DOORS

122 N.W. Hillery Street
 Burleson, Texas 76028

Garage Door Tune-Up

\$49.00 + tax

PARTS EXTRA • LIMITED AREA • CALL AHEAD

For regular business hours M-F 7:30-5 only.
 May not be combined with other offers.
 Call for details. Expires: 3-31-2017

Must Mention "Burleson Now Coupon"

817-295-0216
www.txohd.com



Pastor Ron Williams Founder/President
Jacque Williams Minister

Website: ftfburleson.com
 Email: believeonly1@yahoo.com
 336 SW Rand Dr. • Burleson, TX 76028

Fancy's Plus
Size Resale
 Sizes 1X - 5X
Spring Items Are Here!

We also carry shoes, cruise wear, purses, jewelry and accessories.

Buy • Sell • Consign

220 E. Renfro • 817-426-4944

(Next Door to City Market)

www.fancysplussizeresaleshop.com

most big box stores. Fertilizers typically offer some combination of nitrogen, phosphorous and potassium, but lawns often only need the nitrogen. After a quick test, you will know exactly what nutrients your soil needs, and you can apply correctly.

• *Know how much you need.* Another common mistake is using the wrong amount of the right product. Most fertilizers are sold based on how many square feet they will cover when properly distributed, so you need to measure before you head to the store. While a smaller lot might only need one large bag, people who live on an acre or more will almost certainly need multiple bags of fertilizer. Remember: spreading the fertilizer too thin might save you money in your original purchase, but you are probably not getting nearly the nutrients you need.



• *Know when to apply it.* You want to lay your fertilizer when the lawn is in an active growing period. That means applying it soon after the last frost, which is typically mid-March in this part of the state. Be sure to apply evenly and all at once. If it takes several weeks to cover your lot, you will end up with various growth and different colors as the fertilizer takes hold. In addition to the early spring application, it is recommended to add nitrogen again shortly before the first frost. If your soil test showed a lawn particularly lacking in nutrients, you may add a third application in the middle of summer, and in that case, slow-release will be best.

What to Put Under the Ground⁴

• *Think about your water.* Whether you just need to water your flowers, or you decide to commit to keeping your lawn

CANALES FURNITURE PACKAGE

WWW.CANALESFURNITUREUSA.COM

\$2000

15 PC

SOFA
LOVESEAT
3 PC TABLE
5 PC ACCESSORY
2 PC LAMPS
TV CONSOLE
60" SMART TV
1 RUG

NEW STORE

• DALLAS #2
• FORT WORTH - LA GRAN PLAZA
• MESQUITE - TOWN EAST MALL
• DISTRIBUTION CENTER ARLINGTON OUTLET
• MANSFIELD
• DALLAS
• ARLINGTON

402 S. Hampton Rd. Dallas, TX 75208 (214) 946-2635
4000 South University Suite #1118 & 1120 Fort Worth, TX 76115 (817) 921-1690
2021 Town East Blvd. #2 & 1108 Mesquite, TX 75109 (972) 682-4305
2202 E. Rowland Mill Rd. Arlington, TX 76010 (817) 945-6460
1301 Highway 287 N. Suite 101 Mansfield, TX 76063 (817) 225-0330
2637 W. Davis St. Dallas, TX 75219 (214) 946-2659
2002 E. Abram St. Arlington, TX 76010 (817) 303-7735

synchrony FINANCIAL

O.A.C.
NO INTEREST!
NO DOWN PAYMENT!

CREST FINANCIAL

NO CREDIT!
NO PROBLEM!

ARMC FINANCIAL

NO CREDIT CHECK
WE REPORT TO
EQUIFAX TO IMPROVE
YOUR CREDIT SCORE
TO DATE SAME AS CASH

ARMC FINANCIAL

O.A.C.
LOW CREDIT!
NO PROBLEM!

Accounting NOW!

APPLY NOW!
NO CREDIT
NEEDED

Ask for **iSales** catalog!

MasterCard VISA American Express Discover

[/canalesfurnitureusa](https://www.facebook.com/canalesfurnitureusa)

BE

BURLESON EQUINE HOSPITAL

Farm calls & hospital appointments available

Specializing in:

- Sports Medicine & Lameness
- Soft Tissue & Orthopedic Surgery
- Digital X-Ray & Ultrasound
- Dentistry & Reproduction
- Emergency Medicine & Surgery

Open 24/7

817-295-2231

MISTY JORDAN DVM, MS - OWNER

STUDIO DANCE

WANT TO CHANGE THE WORLD?

WE ARE LOOKING FOR THE MOVERS AND SHAKERS TO LAUNCH OUR NEW PROGRAM THAT COMBINES POWER, POSITIVITY AND PERFORMANCE. BE A PART OF THE MOVEMENT THAT WILL CHANGE THE WORLD. CALL OR EMAIL TODAY.

817-295-8277

20 NW Newton Drive, Burleson, TX

studiodance@sbcglobal.net • www.studiodance.com

TEX TECH ENVIRONMENTAL, INC.

Home and Commercial Aerobic Wastewater Treatment Systems

Lift Station Sales & Service

Installation of Wastewater Treatment Systems & Lift Station

Regular Maintenance, System Repairs & Parts Available

24/7 Emergency Services

Manufacture Design Service Installation

Aerobic Systems Service Contracts

Package Plants & Lift Stations

Pumps & Controls

817-295-3701

Wastewater Treatment

(817) 295-3701 • textechenvironmental.com
1125 S. Burlison Blvd., Burlison, TX 76028



ALL-STAR NINJAS

NINJA WARRIOR OBSTACLE COURSE

BIRTHDAY PARTIES & OPEN PLAY

2000 MATLOCK • MANSFIELD

(682) 518-1588

WWW.ALL-STARNINJAS.COM

Like us on facebook

We Make Home Ownership A Breeze!

ServiceFirst MORTGAGE

Lisa Keese
Branch Manager
NMLS# 206895

Terrie Goodloe
Sr. Loan Officer
NMLS# 206828

817-447-7300

437 SW Wilshire Blvd, Suite A-1
Burlison, TX 76028

THE upper CUT salon

Children's Therapy Solutions
Speech, Language, & Feeding Therapy

Picky Eater?
Meals taking longer than 20-30 minutes?

We can help!
FREE FEEDING CONSULTATIONS

817-888-8454 • Burlison, TX
www.ChildrensTherapySolutions.org

green, this is the time to add a watering system. There are several options, ranging in complexity, cost and efficiency. For flower beds and landscaping near your house, one simple choice is soaker hoses. These allow water to trickle slowly and can be buried under beds to remain out of sight.

- *Think about sprinklers.* When it comes to keeping a whole yard wet, sprinklers are your best bet. Traditional spray systems are the most common, but they also tend to waste water. Rotor sprayers are great for large areas. While they will lose water to evaporation, they are less wasteful when it comes to oversaturating an area, as compared to spray sprinklers. For a permanent system, you will either have to dig into your yard or hire someone to lay the pipes for you. Consider getting a few estimates, and weigh the cost of your time, as well as any tools you will have to buy if you decide to tackle the project yourself.

With these projects, as with anything else you do in the yard, make sure you have a solid plan that you can accomplish within your timetable. With this guidance, you can make this the year your yard becomes the best on the block. **NOW**

Sources:

1. <http://www.dallascountymastergardeners.org/index.php/gardening-in-north-texas/215-tab4-mb3-by-the-month#mar>
2. <http://www.dallascountymastergardeners.org/index.php/gardening-in-north-texas/215-tab4-mb3-by-the-month#mar>
3. https://www.austintexas.gov/sites/default/files/files/Watershed/growgreen/3_7_12_2011_lawn_fertilization_in_tx_E-437_handout_3_Chalmers.pdf
4. <http://residential.goulds.com/types-of-irrigation-systems-for-your-lawn-and-garden/>

UGLY TUB & TILE?

We Repair & Refinish
in 2 Days or Less!

Before

- Cracked, Chipped Tile
- Damaged Grout
- Ugly, Outdated Colors

After!

- Tile Repaired
- Grout Permanently Sealed
- Beautiful Colors!

Thousands LESS
than Replacement!

\$45⁰⁰
OFF!

Complete tub & tile refinishing job.
One coupon per project.

Call for a **FREE Estimate** on:

- Kitchen Countertops
- Sinks & Vanities
- Tile Showers & Walls
- Fiberglass Tubs & Showers

 **Miracle Method**
SURFACE REFINISHING
817-769-2043

Valid only at participating locations. • Each Miracle Method franchise independently owned and operated.
See our work at MiracleMethod.com

ALL NEW

at

www.nowmagazines.com

A great new way
to shop and do
business locally!

NOW 
Clickbooks

Dining  **DEALS**

Go to

www.nowmagazines.com
and flip through a current
edition of your favorite
NOW Magazine.

Burleson • Corsicana • Ennis
Granbury • Mansfield • Midlothian
North Ellis Co. • Southwest
Waxahachie • Weatherford



When you see an
advertisement or coupon
that interests you ...

CLICK ON IT ... 

and you'll be instantly
directed to that
company's website.



Allergy ENT
Associates of Texas



(817) 293-9009

Allergient.net

• Allergy/Sinus Problems

Learn how we can help with common allergy problems ranging from congestion and drainage to severe sinus infections.

• Allergy Desensitization (Shots/Drops)

Learn about the only way to truly eliminate your allergies

• Throat, Voice and Swallowing Disturbances

Tonsillitis, chronic cough, hoarseness, trouble swallowing, something feel like its stuck in your throat? We can help.

• Pediatric ENT

Kids aren't little adults. Learn how we treat their allergies, sinus problems, snoring, ear and tonsil infections and more.

Huguley Surgery Center

12001 South Freeway, Suite 201, Burleson
Hours: Monday-Friday 8AM-5PM
Fax: (817) 293 9013

• Ear Problems

Ear wax, pain, dizziness, ringing, infections, swimmer's ear, drainage?

• Hearing Trouble

Trouble understanding people, TV getting turned up loud, or having to ask people to repeat themselves?

• Snoring and Sleep Apnea

Learn how we can help with snoring, apnea and more.

• Head/Neck Lumps and Cancer

Skin cysts, sores in the nose/mouth, and head and neck cancer





Kids Kampus Preschool

Amy and David Fish, Owners
 info@kidskampuspreschool.com
 www.KidsKampusPreschool.com

Midtown:
 811 Vicksburg Ln.
 (817) 295-7521

East Side:
 725 E. Renfro St.
 (817) 447-1287

West Side:
 1371 NW Summercrest Blvd.
 (817) 484-2342

Hours:
 Monday-Friday: 6:00 a.m.-6:30 p.m.



David and Amy Fish, bottom left, created a culture of education and fun at Kids Kampus Preschool with her management team, above left: Angel May, director; Cara Colson; Denise Moreno; Tammy Freeman; and Brittany Roberts.

Equipping Tomorrow's Leaders

Inside Kids Kampus Preschool, find peace of mind and preparation for life. — By Melissa Rawlins

In 20 years, who are your children going to be? David and Amy Fish, who own the three Kids Kampus Preschools in Burleson, believe the children of today are our future leaders.

Their story began in their Finance 341 class at Texas A&M University. David and Amy fell in love, married and moved to the DFW Metroplex. By 2005, they had three children and were struggling to find great care during the day for Christopher, Lauren and Matthew.

The Fishes felt Amy's background in education and teaching for five years and David's background in business and tax accounting combined to create a great partnership. They started Bedford Christian Academy & Montessori Preschool, which has been educating great young minds since August 2005. "It's exciting to

see the students from the first pre-K graduating class at BCAMP confident and comfortable as they enter this new phase of education as freshmen in high school," Amy said.

The success of BCAMP's program led the Fishes to consider starting additional locations around the greater Fort Worth area. After much training and study, Amy and David purchased the Kids Kampus Creative Learning Center chain in Burleson in 2016. Known today as Kids Kampus Preschool, changing the name to a shorter version was the first step toward creating the community preschools for Burleson.

Community preschools are a concept the Fishes offer to strengthen families and equip the children of today to be the future leaders of tomorrow. "It starts by creating a school

community, where everyone — students, employees and families — feels secure, trusted and safe at each of our three Burleson locations,” Amy said. “Our goal is to provide a solid foundation of knowledge and skills for future personal and academic success.”

Kids Kampus Preschool will equip children with social/emotional skills by teaching them to recognize emotions and respond to them in a productive way. “For example, children are taught that if they are angry, they should find a quiet spot to calm down, and then decide what’s next. If scared, they are taught to contact a trusted adult, and if they need something, to contact an adult and ask for what they need,” Amy said.

Additionally, Amy’s staff equips children with a sense of empathy and compassion. “Looking out for the needs of others as well as their own is an important skill for the future,” Amy said.

“Our teachers encourage children to discover a love of and a curiosity about learning in our fun, hands-on educational environment,” Amy explained. Kids Kampus Preschool uses research-based, combination curriculum providing many genuine learning opportunities for students with different learning styles through games, songs, rhymes, circle activities, independent learning stations, cooking classes, language labs (Spanish and ASL), creative movement and much more.

Kids Kampus Preschool partners with each child’s family. “With communication and support, the bond with the school and staff will provide a knowledge that each child is safe, engaged and learning,” Amy said. “This role of our organization in the community provides a very important peace of mind.”

The Fishes plan for the Kids Kampus Preschools to make a positive impact in the Burleson community. To learn more about their professional, compassionate organization, contact one of the schools. There are three Burleson locations for your convenience. Visit their website for program-specific information and current enrollment specials. Schedule a tour today, and learn how your family can participate in Burleson’s community preschools. **NOW**

Providence Tow
Serving Mansfield, Arlington, Kennedale and Surrounding Areas.

HAPPY BIRTHDAY
MOLLY!

214.701.2365
www.providencetow.com
TDLR# 6469481C • VSF# 647218VSF

Like us!

The Paralegal Manager, Inc.

Trina Nycol Brown
Director of Paralegal Services

With a private, professional office and conference room in Arlington, we provide freelance paralegal services to licensed attorneys only.
CALL US TODAY!

The AmeriCare Plaza
901 W. Bardin Rd.
Ste. 303 • Arlington
Office: (817) 516-3592
Fax: (817) 516-3593
trina.brown@theparalegalmanager.org
www.theparalegalmanager.org

Shades, Drapery and More!

Budget Blinds & Shutters
The Best in Custom Blinds and Window Coverings

30% OFF Signature Series when you mention this ad. Expires 3/31/17

Schedule your FREE IN-HOME Consultation today!
817-539-0155 // BudgetBlinds.com/MansfieldTX

WINGS OF HOPE
EQUITHERAPY

WE PROVIDE HOPE & HEALING THROUGH GENTLE HORSES AND THE LOVE OF GOD.

ADULTS & CHILDREN WITH SPECIAL NEEDS
PHYSICAL • EMOTIONAL • MENTAL

Volunteers Always Welcome
14 years old & older, no experience necessary.

For more information (817) 790-8810 or to make a donation.

4200 CR 806 • Johnson County
WWW.WINGSOFHOPHORSES.ORG

METAL, BARN, ROLL-UP DOORS ON SALE!

- Spring Repair Specialists
- New Installation
- Commercial/Residential
- 24/7 Emergency Service

BURLESON OVERHEAD DOOR
817-988-4191
Burleson owned and operated
www.BurlesonOverheadDoor.com



Lisa Perkins and Melissa McCoy turn into the Chicken Soup Bandits helping a friend in need.



Clandene Wells, owner of Miss Doily's Tea Room, greets local author Lela Satee.



Alister Babatov gets his weekly adjustments by Dr. Joe at Joshua Spine and Health Center.



Liv Crouch is all smiles eating a popsicle.



Cowboy Ayden gives a pony show at Short Family Medical Center.



Rick Douglas and Kevin Orr take a break at Starbucks to talk about, what else, but beards.



Mustang Creek Estates of Burleson resident and retired Los Angeles Police Captain Ron Price (showing badge) shares camaraderie with Burleson Community Resource Officers Travis Brown, David Wardlaw and Louis Giddings.



Megan R. Owen, dance teacher and director of the Elk Strutters Drill Team, chaperones Lydia Lott at the Presidential Inaugural Ball in Washington D.C.



Katelyn Depoy, Case Osborn, Grayson Dreitner and Hunter Preston represent the Mayor's Youth Council at Burleson Chamber's winter quarterly meeting.

Dining DEALS

GOLDEN CHICK **2 CAN Dine**

\$9⁹⁹

- 5 Piece Mixed Chicken
- 3 Single Sides
- 2 Hot Yeast Rolls

golden ROAST



820 S. Crowley Rd.
Crowley, TX 76036
(817) 297-2456

1601 SW Wilshire
Burleson, TX 76028
(817) 426-1234

Expires: 3-31-17

FREE CUP OF RED BEANS & RICE
WHEN YOU PURCHASE AN ENTREE & DRINK

Limit one per ticket per visit. Not valid with other offers.
Valid at Burleson location only. Expires 3/31/17.

THE CATCH
EST. 1985

1505 SW WILSHIRE BLVD. SUITE 610, BURLESON
817-447-4302

Need More Business?

Advertise your restaurant here.

For information, call:
817.477.0990

NOW MAGAZINES
Bringing the best of the community home.

WE DELIVER! CALL NOW!

SPROUT'S
SpringRoll & Pho

3806 E. Broad St. • Suite 124 • Mansfield, TX 76063

817-473-RICE (7423)

\$5 OFF \$20 Order
1 coupon per table. Not good with any other offers. Exp. 3/31/17

- Appetizers
- Spring Rolls
- Salads
- Vermicelli
- Rice Dishes
- Pho (Noodle Soups)
- Children's Menu

Featured on MAN V. FOOD

www.sproutsspringroll.com

Is Your Financial Umbrella in Place?

April showers may bring May flowers, but March is National Umbrella Month. While ranking high on the list of truly obscure celebrations, this “Month” can still teach us a few things — especially if we think about “umbrellas” that can help us protect our financial goals.

Consider these key areas:

- **Your vulnerability to emergencies.** It’s a good idea to maintain an emergency fund containing three to six months’ worth of living expenses. Without such a fund, you may need to dip into your long-term investments to pay for unexpected, and unexpectedly large, expenses such as a new furnace or a big bill from the doctor. You’ll want to keep your emergency fund in a liquid, low-risk account.

- **Your family’s financial situation.** If something happened to you, how would your loved ones be affected? Would your family be able to stay in your house? Could your children eventually go to college? Would your surviving spouse have enough retirement income to maintain the lifestyle he or she has envisioned? Having adequate life insurance in place can help ensure that all your hopes and plans don’t fall apart upon your passing. Different types of life insurance offer different features. For example, “term” insurance, as its name suggests, is designed to provide a death benefit for a certain number of



years. On the other hand, “permanent” insurance, such as whole life or universal life, can be kept in force indefinitely. This type of coverage may also offer a cash value component.

- **Your current income.** If an illness or injury keeps you out of work, even for a little while, the loss of income could disrupt your family’s ability to pay its bills, leading to potentially big problems down the road. Your employer may

Feeling like you paid too much in taxes this year?

Contact your financial advisor today to learn about investing strategies that could benefit you.



Lynn H Bates Jr, AAMS®
Financial Advisor

115 N W Newton Drive, Suite E
Burlson, TX 76028
817-447-9446

www.edwardjones.com Member SIPC

Edward Jones
MAKING SENSE OF INVESTING

KEEP CAMPING WITH

BENNETT'S
CAMPING CENTER

GREAT FOR GETAWAYS, FAMILY REUNIONS, AND EXTRA GUESTS.

RENTALS AVAILABLE



\$85 PER NIGHT
TENT TRAILER: Sleeps 6, Heater, 2 Burner Stove, Refrigerator & Sink, Dinette Booth.

Get out of town and make some memories.



\$120 PER NIGHT
TRAVEL TRAILER: Sleeps 8, A/C, Furnace, Full Kitchen, Full Bathroom, Dinette Booth, Queen Bed, Weighs under 5,000 lbs. (Must vehicle can tow)

SALES | RENTALS | SERVICE

817-573-3665 | 817-279-7500

bennettsrv.com | 2708 E. Hwy. 377, Granbury | Mon-Sat

offer some type of disability insurance as an employee benefit, but the coverage may be insufficient. So you may want to consider purchasing an individual disability policy.

• **Your ability to live independently.** If you're fortunate, you may never need to spend time in a nursing home or require any other type of long-term care. But no one can predict the future — and it pays to be prepared, because long-term care costs can be catastrophic. In fact, the annual average cost for a private room in a nursing home is more than \$90,000, according to the 2015 *Cost of Care Survey* produced by Genworth, a financial services company. A financial professional can help you find an appropriate way of paying for these types of costs.

• **Your capacity to protect your biggest assets.** Your home is probably going to be the biggest asset you ever own, so you need to protect it properly, with adequate homeowners insurance. It's also important to have sufficient insurance for your other major assets, such as your car, boat and so on.

• **Your exposure to property loss or liability.** You may someday face costs associated with repairing or replacing your home, auto or boat or even liability-related expenses. Additional liability insurance — known as an “umbrella” policy — is designed to kick in when your standard coverage on other policies, such as home or auto, has been exhausted.

The sun may be shining in your life today, but it's always wise to be prepared for the proverbial “rainy day.” So have your umbrellas ready. **NOW**

Edward Jones operates as an insurance producer in California, New Mexico, and Massachusetts through the following subsidiaries, respectively: Edward Jones Insurance Agency of California, L.L.C., Edward Jones Insurance Agency of New Mexico, L.L.C., and Edward Jones Insurance Agency of Massachusetts, L.L.C.

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor. Lynn H. Bates is an Edward Jones representative based in Burleson.



Nothing Compares to the Simple Pleasure of a Bike Ride

Spokes
Bicycles & Service

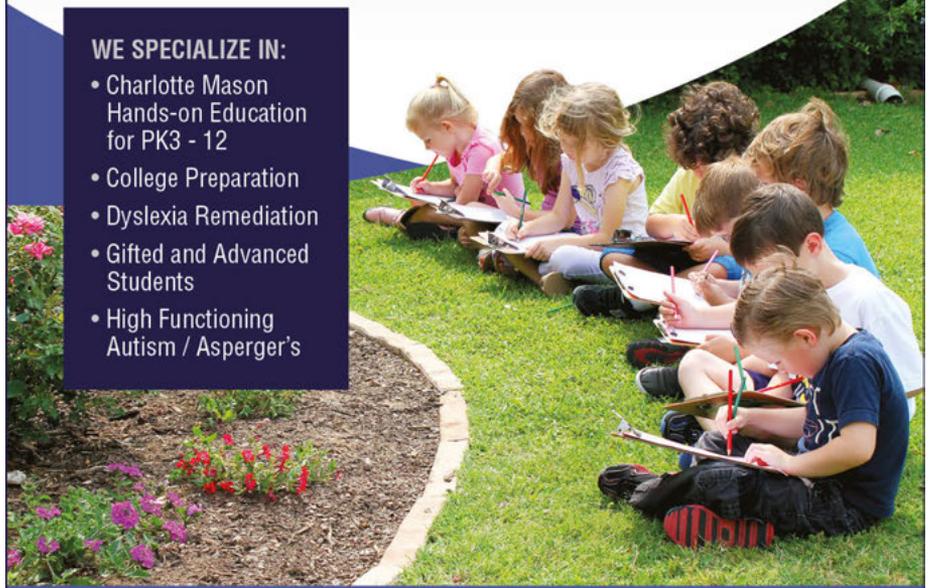
817-447-3505
111 S. Wilson St., Burleson, TX
WWW.SPOKES-BICYCLES.COM

FIND US ON 

SPECIALIZED EDUCATION TECHNIQUES FOR EACH AND EVERY STUDENT

WE SPECIALIZE IN:

- Charlotte Mason Hands-on Education for PK3 - 12
- College Preparation
- Dyslexia Remediation
- Gifted and Advanced Students
- High Functioning Autism / Asperger's



Flint Academy

The mission of Flint Academy is to provide an education in the classical tradition for ALL students, regardless of their learning needs. We believe in integrating the Christian worldview, centering our education around the Scriptures and presenting it in a family-oriented, nurturing environment.

NOW Enrolling Pre Kindergarten (age 3)

2111 ROOSEVELT DR., ARLINGTON, TX 76013
(817) 277-0620 | www.FlintAcademy.com

Leaky Nose

— By Betty Tryon, BSN

Oh no, it's happening again! When you least expect it, your nose starts to drip blood for everyone to see. It can be rather disconcerting, but the good news is nosebleeds are fairly common and mostly just a nuisance. Occasionally, medical intervention is necessary. The lining of your nose contains many blood vessels located close to the surface. They are fragile and easily damaged.

Children and older adults are most susceptible to nosebleeds, or epistaxis. However, when conditions are optimal for this condition, anyone can be vulnerable. During the winter when warm, dry air is more prevalent and central heating units are on, the nasal membranes can dry out, leaving the nose susceptible to nosebleeds. Picking of the nose can lead to not only bleeding but the introduction of bacteria to the area. Allergies, sinusitis and upper respiratory infections can cause nosebleeds. Foreign objects in the nose, along with certain physical conditions, such as a deviated septum or nasal polyps, may precipitate nosebleeds, as can anticoagulants and nasal sprays.

You should see a physician if a nosebleed is difficult to stop with compression or if it interferes with your breathing due to a foreign object in the nose, for children younger than age 2, following any head trauma or loss of an excessive amount of blood. As an added precaution, if the bleeding is exceptional, do

not drive yourself to the emergency room. If none of the above applies, you should be able to treat your nosebleed at home. Pinch the soft part of your nose closed, and hold it for at least 10 minutes. Check to see if bleeding has stopped and, if not, repeat. If the bleeding continues longer than 30 minutes, you should contact medical help for further advice. Lean forward slightly as you do this to avoid swallowing blood, because it can irritate your stomach. Sometimes, if you place a cold compress over your nose it can slow down the bleeding.

If you have a tendency to have nosebleeds and spend a majority of your time in a dry environment, it would be prudent to invest in a humidifier. A saline nasal spray can also be helpful. With children who have frequent nosebleeds, make sure their nails are trimmed and try to limit nose picking. Some allergy medications can dry out nasal passages. Consult with your doctor before making a change in your medication. If nosebleeds are frequent, even though minor, please seek the advice of your physician. **NOW**

This article is for general information only and does not constitute medical advice. Consult with your physician if you have questions regarding this topic.

spring Madness! sale

see our website for sale information

HURRY WHILE SUPPLIES LAST OFFERS END MARCH 31, 2017

SWING SETS WOODPLAY
REDWOOD UNIT LIFETIME WARRANTY

HOOPS Goalrilla

TRAMPOLINES springfree THE SMART TRAMPOLINE

BEYONDBACKYARDS.COM • 855-232-4444 f

DALLAS 1694 W. Northwest Hwy Dallas, TX 75220 972-506-9950	FORT WORTH 5860 E. Interstate 20 Fort Worth, TX 76119 817-563-6000	GRAPEVINE 3221 Ira E. Woods Blvd. Grapevine, TX 76051 817-251-8097	SPRINGTOWN 5189 East Hwy. 199 Springtown, Texas 76082 817-221-2218	RED OAK 510 N. IH 35 E. Red Oak, TX 75154 972-617-6500	TYLER 15994 Old Jacksonville Hwy Tyler, TX 75703 903-561-3371	ROYSE CITY 7612 STATE HWY 66 ROYSE CITY, TX 75189 469-707-3501	CARROLLTON 4211 Charles St. Carrollton, TX 75010 972-985-1061
--	--	--	--	--	---	--	---

March 1 28

Hope for Hay: **Sunday-Saturday**, 12:01 a.m.-midnight, www.wingsofhopehorses.org. This virtual fundraiser helps meet the nutritional needs of Wings of Hope's 22 equine therapy partners. Call Allison L. Gross, Development Director, (817) 790-8810.

March 4

Mardi Gras Gala: 6:00 p.m.-midnight, Walnut Creek Country Club, Mansfield. In the true New Orleans tradition, breakfast is served at 11:00 p.m. after a VIP reception, casino play, silent and live auctions and hors d'oeuvres. www.athenasocietyofburleson.org/athena-gala/.

Sprint Triathlon: 8:00 a.m.-noon, Texas Health Fitness Center, 2750 S.W. Wilshire Blvd. This 1-hour indoor competition involves a 10-minute swim, 30-minute stationary bike ride and 20-minute treadmill run. Register for \$25 if you are at least 12 years of age. Call (817) 782-8080.

March 6 and 20

Burleson City Council: 6:00 p.m., City Hall, 141 W. Renfro St. Agendas are posted 72 hours prior to the meetings. Contact (817) 426-9680.

March 7

Young at Heart: 10:00 a.m.-noon, Boulevard Baptist

Church, 315 N. Burleson Blvd. All ages, especially senior citizens, are welcome to this free fellowship time that includes food and music. Chad Handy, (817) 295-4342.

March 9

Crowley Area Chamber of Commerce 1st Quarter Luncheon: 11:30 a.m.-1:00 p.m., Crowley Recreation Center, 405 S. Oak St. \$20 per person. To register or learn about participating as a sponsor, contact (817) 297-4211.

March 14

After Hours Networking: 5:30-7:00 p.m., Holiday Inn Express. Free to Burleson Area Chamber of Commerce members. (817) 295-6121.

Trail Life Troop TX-0110 meeting: 7:00-8:00 p.m., Burleson Church of Christ Community Room, 1150 N.W. John Jones Dr. If you are a Christian and wish to guide generations of courageous young men to honor God, lead with integrity, serve others and experience outdoor adventure, or if you are a young man desiring to learn the Christian walk, contact Toby Ford, Chaplain and Trail Master, tkf@dunaway-assoc.com or (817) 995-8466.

March 17, 18

White Cane Day: **Friday**, 4:00-6:00 p.m.; **Saturday**,

9:00 a.m.-noon. Four locations: First National Bank Burleson, both branches; Northstar Bank; and EECU. Cash donated supports charitable work of Burleson Lions Club and Lions International Eye Bank. President George Reynolds, (817) 701-6360.

March 25

Fire Department Open House: Noon-3:00 p.m., Fire Station #1, 828 S.W. Alsbury. Learn how to keep your family safe, and give the kids a chance to explore fire trucks, helicopters and ambulances. Free. Call (817) 426-9170.

March 28

JACC Awards Banquet: 6:30 p.m., North Point Baptist Church, 2450 S.W. Wilshire Blvd. 31st annual event includes a fine dinner to celebrate the hardworking locals making Joshua a great place. \$50 at the door without reservations. RSVP early for \$45 entrance. Contact (817) 556-2480.

Submissions are welcome and published as space allows. Send your event details to melissa.rawlins@nowmagazines.com.

IS IT TIME TO SELL YOUR HOME?

Reasons Why Homeowners Sell

19%	Home is too Small
15%	Job Relocation
13%	Want to move closer to family/friends
10%	The area has become less desirable
10%	Home is too Large

CALL FOR A FREE MARKET ANALYSIS
JILL ROSE, REALTOR®
ALLURE REAL ESTATE
214.997.4479

MEMBER OF AUSTIN BOARD OF REALTORS AND METROPEX ASSOCIATION OF REALTORS



In the Kitchen With Randy Page

— *By Melissa Rawlins*

Randy Page moved to Crowley in 2012 to be with his hometown bride, Stephanie Graves Page. A Dallas boy who always helped his Yankee mother in the kitchen, Randy eventually discovered Southern cooking and found his groove. He spent 11 years practicing cookery with lots of spice and peppers in New Mexico, and then returned to Texas “with burned-up taste buds.” He cools them off with Texas craft beer. “Here in Crowley, we have a new beer store, Main Street Beer and Wine, and they have worked with me to get the exact beers I am needing for a great pairing,” Randy said, explaining that he mostly cooks on the grill. He started with the charcoal version, evolved to gas and now uses an infrared grill. “It is marvelous!” **NOW**

Randy’s Roadkill Chili

Serves 20. Paired with Lobo Negro beer.

- 3 red onions, chopped
- 3 yellow onions, chopped
- 2 jalapeños, finely chopped
- 1 habanero, finely chopped
- 4 garlic cloves, finely chopped
- 1 7-oz. can diced green chilies
- 1/4 cup vegetable oil
- 10 lbs. chili meat, either beef, venison or your choice of meat
- 2 14-oz. cans stewed tomatoes
- 1 cup water
- Salt and pepper, to taste
- 3-4 dashes hot sauce of your choice
- 2 Lobo Negro beers (divided use)

1. Heat oil in a well-seasoned iron pot. Sweat the vegetables in the oil; add meat and brown.
2. Stir in the remaining ingredients and 1 beer. Cover with about 1 inch of water, if needed.

3. Let it stew slowly 3-4 hours. Skim off the grease after two hours. Drink the remaining beer and taste again, to adjust the seasoning.

Chicken Monterrey

Serves 4. Pair with Lobo Texas Lager beer.

- 4 boneless chicken breasts, uniformly flattened to about 1/2 inch
- 4 Anaheim chiles, roasted peeled and seeded
- 2 cups Monterrey Jack cheese
- 1 avocado, sliced

1. Grill chicken on the hottest part of the grill. Make sure chicken is done or mostly done before removing from heat. Flip only once during grilling. Remove from grill and place on a cookie sheet.
2. Cover each breast with chiles, then cheese. Place cookie sheet back on an open grill until the cheese melts.
3. Place avocado slice on each breast and serve with black beans and Spanish rice.

Rib Eye Steak

Serves 2. Paired with Robert Earl Keen (REK) Front Porch Amber Ale.

- 2 10-oz. prime rib eye steaks
- Lawry’s Seasoned Salt, to taste
- Onion, to taste (optional)
- Mushrooms, to taste (optional)
- Garlic butter, to taste (optional)

1. Season steaks with seasoned salt.
2. Liberally oil the grates of a fully heated Infrared grill. This will keep the steaks from sticking and provide grill marks just like in a restaurant.
3. Place steaks on the grill at a 45-degree angle. After 3 minutes, turn a quarter turn. After 3 more minutes, flip the steaks. Turn again after 3 minutes and remove from heat. Let sit 5 minutes for perfectly cooked, medium-rare rib eyes.
4. Sauté onions and mushrooms with a little garlic butter to pour over your steak, if desired.

Grilled BBQ Chicken

Serves 4. Paired with Revolver Redshift Spiced Ale.

- 1 whole fryer, cut into 8 pieces
- Lowry’s Seasoned Salt, to taste
- Jack Daniel’s barbecue sauce, to taste
- 1 Tbsp. water

1. Season chicken pieces with seasoned salt; place on a well-oiled grill. Cook slowly at first, turning frequently.
2. Move wings and legs to a cooler part of the grill while the thighs and breasts cook thoroughly.
3. When the chicken has completely cooked, place all 8 pieces on foil on the grill. Brush with barbecue sauce that has been diluted with 1 Tbsp. water.
4. Keep an eye on chicken to prevent burning. Turn chicken pieces and baste several times.
5. Remove when done and let sit 8 to 10 minutes to rest and reabsorb juices.
6. Serve with potato salad and cole slaw. Use extra barbecue sauce, as needed.

To view recipes from current and previous issues, visit www.nowmagazines.com.



**You care
about your
pets.**

So do we!

**Bring ad for
free Rabies
vaccine**

TCAP offers high quality, low cost services for Johnson County area pets.

- Spay and Neuter
- Dental Cleaning
- Heartworm Testing
- Vaccinations
- Microchipping
- Flea/Tick Control



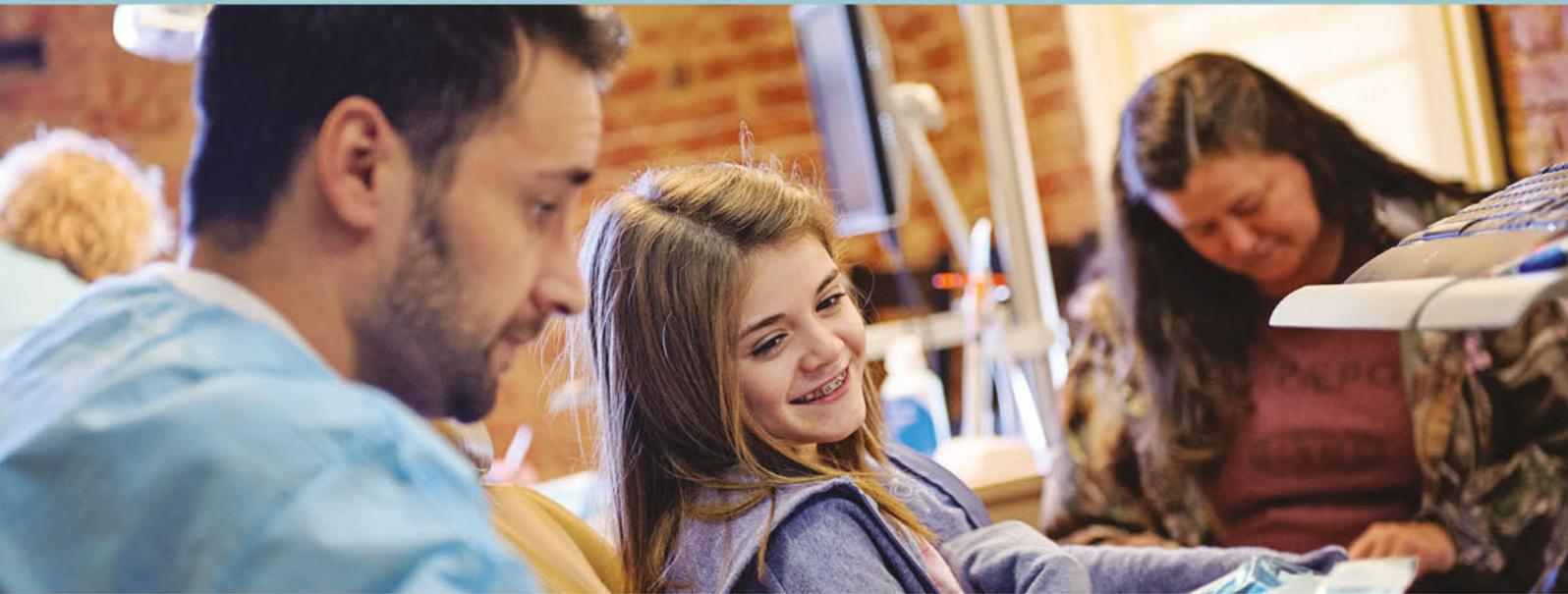
344 SW Wilshire Blvd Suite E Burleson, TX 76028 (next to Elks Diner)
Walk-in vaccine hours: Monday - Friday 9:00 am - 12:00 pm
817-426-3777 • www.texasforthem.org

Orthodontics

Orthodontics

BIRTH, STEWART & FLETCHER

IS MUCH MORE THAN BRACES!



We work with our patients for optimal health in the following areas:

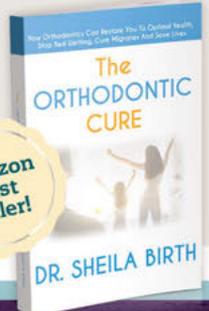
- Prevention of surgery and extraction of teeth
- Widening dental arches which open airways and improve breathing
- Problems with breathing can lead to poor performance in school (ADD, ADHD), at work and in athletics
- Problems with breathing can lead to snoring and sleep apnea
- We offer simple orthodontic appliances for sleep apnea
- We offer drug and injection free treatment of migraines, headaches, jaw and neck pain
- Top 1% Provider of Invisalign
- Best selling book on Amazon, *The Orthodontic Cure*

 BSFORTHO.COM

Visit our website for a *free* download of Dr. Birth's book, **THE ORTHODONTIC CURE!**

Show proof of book download & receive **\$300 OFF TREATMENT!**

New patients only. Must bring in this ad and proof of book download to claim offer. Cannot be combined with any other offers. Only one offer can be claimed per patient. Monthly payments for traditional braces range from \$150 to \$250 per month. Invisalign® treatment ranges from \$4900 to \$5900 depending on the patient's unique needs. Expires March 31, 2017.



Arlington (817) 557-0025
2011 W. Bardin Rd., Arlington, TX 76017

Burleson (817) 546-0770
109 W. Renfro St., Burleson, TX 76028

Fort Worth (817) 370-0268
3060 Sycamore School Rd., Fort Worth, TX 76133

Keller (817) 348-0910
4420 Heritage Trace Pkwy., Ste 300, Keller, TX 76244